

THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

COA STAFF DIRECTORY

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November/December 2016

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

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Wellfleet Dines Out was a terrific success! Thank you to the below-listed restaurants for donating a portion of their designated evening proceeds to the Friends of the COA. Thank you to all the people who participated by enjoying terrific meals at these establishments. Please continue to support our local businesses. With much appreciation and thanks to the diners and to the following restaurants:

*The Bookstore

*The Wicked Oyster

*Bob's Sub & Cone

*PB Boulangerie Bistro

*Moby Dick's

*Marconi Beach

*PJ's Family Restaurant

*Winslow's Tavern

*The Pearl

*Catch of the Day

*Van Rensselaer's

DATES TO REMEMBER

Tuesday, November 8th ~ Presidential Election ~ vote here ~ 7 AM – 8 PM
(no exercise classes)

Friday, November 11th ~ COA closed for Veteran's Day

Tuesday, November 15th ~ Special Town Meeting ~ 7 PM ~ Wellfleet Elementary School

Wednesday, November 16th ~ Special Town Election ~ vote here Noon – 7 PM
(no exercise classes)

Thursday, November 24th ~ closed for Thanksgiving

Friday, December 2nd ~ no exercise classes ~ Melissa at seminar

Monday, December 26th ~ COA Closed for Christmas Day



It's that time of year again....INCLEMENT WEATHER REMINDER:

When the snow flies, please know that we operate on the same schedule as the Nauset School System – **if schools are cancelled for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED AS WELL, INCLUDING TRANSPORTATION.** The COA will be open unless Wellfleet Town Hall is closed. Cancellations are broadcast on local radio and TV stations and will be posted on the COA Facebook page. Additionally, we often need time in the morning to get the walks and parking lots clear. For everyone's safety, we recommend you **CALL US FIRST** during bad weather before venturing out.

♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** **NEW TIME** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM - 12 NOON:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions



♥ **DR. CAMPO, PODIATRIST:**

For all foot care problems and routine care.

NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. November 17 (Thursday instead of Friday) & December 9, 23.

NEW SCHEDULING PROCEDURE FOR DR. CAMPO: *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, November 16 and Wednesday, December 21 at 4 PM.* Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.



► **FUEL ASSISTANCE:** *The COA is an intake site for income-eligible Wellfleet residents. Please call to schedule your confidential appointment and obtain a list of necessary filing documents.*

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **INDEPENDENCE AT HOME ~ Thursday, December 1, 1:30 ~ TRURO COA ~ We'll explore the meaning & importance of independence at home. We'll look at factors that may cause reluctance to ask for help & brainstorm ways to transform that reluctance. We'll identify useful resources, tips & services that can be helpful in making independence at home an achievable goal, as well as knowing when it may no longer be a sustainable one. Presented by Hope Health. Call to reserve your spot: Truro Council on Aging ~ (508)487-2462**

► **LEGAL ASSISTANCE:** *60 years of age or older* ~ By appointment on the second Wednesday of the month, from 10 - Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. November 9, December 14.

► FOR YOUR ASSISTANCE (cont.)

► **Medicare Annual Open Enrollment ~ October 15-December 7 ~** Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment is upon us. It is very important that you review your Medicare options during this period. You should have received a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) in September. Make sure you read it thoroughly-it will explain the changes (premiums, copays, tiers) to your plan for 2017. Do not throw it out! During the Open Enrollment, you will have a chance to change your plan. This change takes effect January 1, 2017. If you do not change your plan during the Open Enrollment period, you may have to stay with your existing plan for another year (note: the open enrollment may not affect those with retiree coverage). ***Please call to schedule an appointment with Outreach Worker Linda Balch if you have questions or concerns.***

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.

► **WELLFLEET LOCAL HOUSING PARTNERSHIP AND THE WELLFLEET HOUSING AUTHORITY** are offering another **BUY DOWN** to help a qualified buyer purchase a home in Wellfleet by reducing the purchase price and helping to pay for necessary repairs and closing costs. Applications are due by Friday, December 9 at the Wellfleet Town Administrator's Office, 300 Main Street. Get your applications at the Town Clerk's Office or from the Town's website at www.wellfleetma.gov



🍏 FOR YOUR DINING PLEASURE

🍏 **IRIS'S CAFÉ:** ***Resuming on November 17th.*** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍏 **SOUP TO GO:** A pint of Iris's homemade soup, packed to go, made fresh every Monday. Menu on last page. \$4.00 per pint, beginning November 14th.



The Wellfleet Police Department would like to invite you to our Reassurance Program Holiday lunch at the Council on Aging. Lunch will be provided compliments of the Wellfleet Police Department Association and held on Friday, December 16 at 12:30. The event will be limited to 50 Wellfleet seniors and preference will be given to those on our Reassurance Program. Please contact Officer George Spirito at the Wellfleet Police Department to reserve your spot. We look forward to a great day. Thank you!
Officer George Spirito ~ (508)349-3702

★ FOR YOUR FUN AND ENTERTAINMENT

- ★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.
- ★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Thursday, November 10 and December 8, 10:15 - 11:15.
- ★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.
- ★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.
- ★ **THE WELFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the second Monday of every month. Please call Kip Detlef at (508)349-6805 for more information, as schedule/location varies. November meeting off site, December to be determined.
- ★ **WELFLEET WAVE BOOK CLUB:** **November 17, 1:30 ~ *The Nightingale* by Kristin Hannah** ~ "I read *The Nightingale* in one sitting, completely transported to wartime France, completely forgetting where I was. A historical novel—built on Kristin Hannah's proven skill with story, complex and enduring family ties, and passion—one that will captivate readers." —Marilyn Dahl, Shelf Awareness
- December 15, 1:30 ~ *A Passage to India* by E.M. Forster** ~ "Written as a precise mixture between a realistic and recognizable setting and a mystical tone, *A Passage to India* shows its author as both an excellent stylist, as well as a perceptive and acute judge of human character." ~ Classiclit.com

☺ FOR YOUR WELL-BEING

Balance/General Exercise & Strength Training with Melissa Shantz

10-WEEK EXERCISE SESSIONS

SEE PAGE ONE FOR REMINDER OF THE DATES

WHEN THERE ARE NO CLASSES!

Next session ~ Monday, January 9th - Friday, March 17th

FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:

FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES

ONLY ~ discounted rates for multiple sessions ~ 1X per week for \$50,

2X per week \$70, 3X per week \$85, 4X per week \$100 ~ Drop-in's welcome, \$7 per class

drop-in rate ~ mid-session drop-in's will NOT be pro-rated.

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 - 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day **except Thursday**, 8:45 - 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ \$7.00 per class.

Note: Physician's approval absolutely required for all exercise classes!



◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ **NO NOVEMBER MEETING.** December 13. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2nd & 4th Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Mary for more information at 508-237-6766. November 10 & December 8, 22.

◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. November 1, 15 & December 6, 20.

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIASON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, etc., just to chat. He has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.



WOMEN'S SUPPORT GROUP ~ NEW ~ Retired or close to retiring? Wondering what to do next? Let's share our ideas as we move through this transition in our lives. A new 6 session group will meet beginning on Tuesday, November 1, 2-3:30 PM, every other week (November 1, 15, 29, December 13, 27, January 10). The group is free of charge, limited to 8 women & facilitated by Naomi G. Axelrod, LICSW (Licensed Independent Clinical Social Worker). Call Naomi to reserve a space and find out more information ~ (617)538-3245.

We have partnered with Funtastic Getaways in Falmouth to offer exciting travel opportunities. Day and overnight trips available. Please stop in at the COA to browse the Funtastic booklet.

BOARD MEMBERS NEEDED! The Friends of the COA (FCOA) are in need of Board Members! Please let Terri Frazier know if you are interested and she will forward your information to the Friends of the COA Board. Thanks!

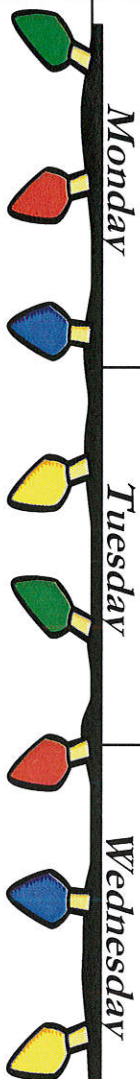


WE ARE ON FACEBOOK!
"Like" and follow the Wellfleet Council on Aging to stay up-to-date on senior center news and events!

November 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
November Artist of the month CHARLES BURDICK 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	1 8:45 Strength Training 10 Caregiver's Support Grp 2 Women's Support Grp.	2 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	3 8:45 Stretch & Strengthen 12 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	4 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
7 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	8 NO EXERCISE TODAY PRESIDENTIAL ELECTION vote 7 AM - 8 PM	9 8:45 Strength Training 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise 4 Friends of the COA	10 8:45 Stretch & Strengthen 10 Bereavement Support 10:15 Derrya Le Vine 12 Intergenerational Music 12:30 Gosnold Counseling 2 Iris's Café 2 Scrabble	11  CLOSED FOR VETERAN'S DAY
14 8:45 Strength Training 10:15 Balance/Exercise	15 8:45 Strength Training 10 Caregiver's Support Grp. 2 Women's Support Grp. 7 PM ~ Special Town Meeting ~ Wellfleet Elementary School	16 NO EXERCISE TODAY SPECIAL TOWN ELECTION vote 12 noon - 7 PM 9 COA Board 10 Ask A Nurse 4 Are You Ready for Medicare?	17 8:45 Stretch & Strengthen 9 Dr. Campo 12 Gosnold Counseling 12:30 IRIS IS BACK! 1 Quilting 1:30 Book Club - The Nightingale 2 Scrabble	18 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
21 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	22 8:45 Strength Training 	23 8:45 Strength Training 10:00 Ask A Nurse 10:15 Balance/Exercise	24 CLOSED FOR THANKSGIVING 	25 8:45 Strength Training 0:15 Balance/Exercise 1 Bridge
28 8:45 Strength Training 10:15 Balance/Exercise	29 8:45 Strength Training 2 Women's Support Grp.	30 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	DAYLIGHT SAVINGS turn your clocks back Sunday, Nov. 6	

December 2016 ~ COA Activities



DECEMBER ARTIST OF THE MONTH: Joanne Burdick

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>	<p>6 8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>7 8:45 Strength Training 10 Ask a Nurse 10:15 Balance/Exercise</p>	<p>1 8:45 Stretch & Strengthen 12 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 <i>Independence At Home</i> ~ Truro COA 2 Scrabble</p>	<p>2 NO EXERCISE TODAY 1 Bridge</p>
<p>12 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>13 8:45 Strength Training 2 <i>Women's Support Group</i> 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>14 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise</p>	<p>15 8:45 Stretch & Strengthen 12 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 <i>Book Club ~ A Passage to India</i> 2 Scrabble</p>	<p>16 8:45 Strength Training 10:15 Balance/Exercise 12:30 <i>Wellfleet Police Reassurance Luncheon</i> 1 Bridge</p>
<p>19 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>	<p>20 8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>21 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready For Medicare ?</p>	<p>22 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 11:45 <i>Iris's Café & Wellfleet Elementary Chorus</i> 2 Scrabble</p>	<p>23 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>26 CLOSED TODAY FOR CHRISTMAS</p>	<p>27 8:45 Strength Training 2 <i>Women's Support Group</i></p>	<p>28 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise</p>	<p>29 8:45 Stretch & Strengthen 12 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>30 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Patricia Shannon ~ Chair
Ernie Bauer ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Carol Magenau
Sarah Multer
Fred Nass
Dorothy Oberding
Brian Quigley
Evelyn Savage
Maureen Schraut ~FCOA Liason

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Sandy Wonders ~ Clerk
Meredith Blakeley
Greta Einig
Sarah Multer
Marge Piercy

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.



Welcome back, Iris! We missed you! You are irreplaceable! Thanks to everyone who helped out during Iris's absence!

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

November 17	Pasta with Baby Bella mushroom sauce, Caesar salad
December 1	Baked chicken breast with parsley sauce, Parmesan egg noodles, roast butternut squash with dried cranberries, apples and pecans
December 8	Fresh codfish cakes, baked bean casserole, Cole slaw
December 15	Meatloaf, mashed potatoes, peas
December 22	11:45 START TIME ~ CHRISTMAS DINNER ~ Greek shrimp scampi, rice pilaf, mixed green salad ~ ELEMENTARY SCHOOL CHORUS
December 29	Vegetable lasagna rolls with roasted red pepper sauce, mixed green salad

IRIS'S SOUP TO GO

Prepared on Monday, packed to travel ~ \$4.00 pint

November 14	Vegetable chili	December 5	Portuguese kale
November 21	Chicken with rice	December 12	Corn chowder
November 28	Mixed vegetable	December 19	Chicken vegetable
		December 27 (Tues.)	Pureed butternut squash



NEW WOMEN'S SUPPORT GROUP

Retired or close to retiring?
Wondering what to do next?
Let's share our ideas as we move
through this transition in our
lives.

A new 6 session group will meet
beginning

Tuesday, November 1

2 - 3:30 PM ~ every other week

November 1, 15, 29


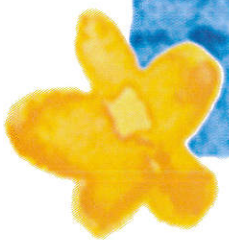
December 13, 27

January 10

**Wellfleet Council on Aging
715 Old King's Highway**

~ the group is free of charge ~
~ limited to 8 women ~

facilitated by
Naomi G. Axelrod, LICSW
(Licensed Independent Clinical Social Worker)
call Naomi to reserve a space/more information
(617)538-3245





Do you recall... When you were feeling really bad last winter with that cold or flu, who brought you some chicken soup or walked your dog?

There is one word that **used to** be the answer to that kind of question – “neighbor.” Simply put, that’s what **NAUSET NEIGHBORS** is all about – being your neighbor.

The mission of Nauset Neighbors, Inc. is to help seniors remain independent in their homes for as long as possible.

To this end, Nauset Neighbors will offer, for a reasonable annual fee, **one-call-does-it-all** assistance with certain challenges of daily living -- improved access to transportation services, in-home handyman needs, tech support and even social events.

Will
NAUSET NEIGHBORSSM
help you to remain
independent longer?

For more information on joining,
call (508) 514-7067

VOLUNTEER INFORMATION

What is Nauset Neighbors?

Nauset Neighbors is a non-profit organization, entirely run by volunteers, whose goal is to support senior residents of **Brewster, Chatham, Eastham, Harwich, Orleans and Wellfleet** who wish to remain in their own homes as they age.

*"What would I ever do without you?
You have made it possible for me to
live on my own. Whether by phone
or transport, everyone is kind and
patient, and cheerful, just what we
'oldies' need..." a member*

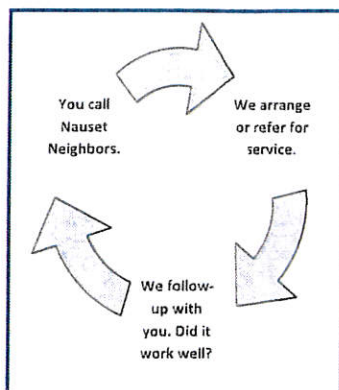
Why Volunteer?

You will have an immediate impact and will improve the quality of life of the seniors you help, who are often isolated in their homes.

Meaningful volunteering! Enjoy helping others and giving to your community.

Nauset Neighbors.

Here's how Nauset Neighbors
can help you stay at home
longer!



ONE CALL DOES IT ALL!
(508) 514-7067

FOR MORE INFORMATION
EMAIL info@nausetneighbors.org

Nauset Neighbors.

How Do You Stay in Your Home Longer As You Age?

If you live in Brewster, Orleans, Eastham, Harwich, Chatham or Wellfleet, Nauset Neighbors, a volunteer, non-profit organization, can help you with the small things that make it possible to remain independent at home longer.

We will help you stay in your home by:

- Providing assistance with many challenges of daily living
- Improving access to transportation for medical appointments, shopping, social visits and even to your hairdresser or barber

We are part of a national movement of local “villages” modeled after Beacon Hill Village in Boston, founded in 2001. There are now nearly 125 villages established nationwide with more being launched each year. These villages recognize that remaining at home as long as possible is crucial to so many for emotional and financial reasons.

Helping Hands for SeniorsSM

VISIT OUR WEBSITE
www.nausetneighbors.org

What Do Volunteers Do?

Most volunteers provide services directly to members. This might be providing a ride or spending one to two hours helping a member.

Some volunteers like to help run the organization.

Many volunteers help once or twice a month. Others prefer to volunteer their services more or less frequently. There is no minimum service requirement; you decide when you can fulfill a service request and how often you wish to volunteer.

Nauset Neighbors Members

Members are the seniors who join Nauset Neighbors and receive the services provided by you, the volunteers.

Members pay a small annual fee, which can be waived if it presents an obstacle to membership.

"I never believed that I could stay in the home that I love but now I know I can thanks to Nauset Neighbors." a member

Help build a wonderful support system to serve your community, your family, and your friends, now and in the future.

Get to know many more of your neighbors, both members of Nauset Neighbors and other volunteers.

How Does It Work?

As a volunteer you choose the types of requests that suit your talents and interests and fit within your schedule.

You choose requests to answer by selecting from an online listing of needs.

For the safety of our members, all volunteers undergo a background CORI check and need to attend one orientation meeting.



INDEPENDENCE AT HOME

HOW, WHAT, WHEN, AND WHY?

A one-hour workshop for seniors, caregivers and family members

Explore the meaning and importance of independence at home, looking at factors that may cause you reluctance to ask for help, and brainstorm ways to transform that reluctance. Identify useful resources, tips and services that can be helpful in making independence at home an achievable goal, as well as knowing when it may no longer be a sustainable one. Presented by Melissa Roberts Weidman, HopeHealth director of community relations and outreach.

Thursday, Dec. 1, 2016; 1:30 p.m. – 3:00 p.m.

Truro Council on Aging

7 Standish Way, North Truro, MA 02652

Call (508) 487-2462 to register

Free to the community

For more information about Hope Hospice's services,
please visit HopeHospiceMA.org or email
Info@HopeHealthCo.org.



Hope Hospice is part of the HopeHealth family of services.